



## **Campbell County School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Campbell County School System.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Campbell County School System that includes:

- School Health Advisory Committee
- Healthy School Teams
- School Health Policies strengthened or approved
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$17,900.00

Community partnerships have been formed to address school health issues. Current partners include:

- Campbell County Health Department
- Campbell County Health Council
- Ridgewood Mental Health Services
- UT Health Extension Center
- Safe Kids of the Greater Knoxville Area
- Governor's Highway Safety Office
- Campbell County Sheriff's Department
- Mercy Health Care System
- Cardiac Kids
- Knoxville Obesity Coalition

### **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities such as healthy school nights, healthy school teams, school health fair and spring and fall fun and safety days.

### **School Health Interventions**

Since CSH has been active in the Campbell County School System the following health interventions have been instituted:

School Health Screenings and Referrals to Health Care provider's – 2986 students had BMI/BP screenings with 11 referrals made;

Students have been seen by a school nurse and returned to class – 5,892;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: Take 10! curriculum and training, Michigan Model curriculum and training, elementary climbing walls, climbing ropes and nets, Dance Revolution and needed equipment to allow entire PE classes to use at one time, SPARKS program and materials, salad bars, scales for the schools, BP machines for health clinics, new playground equipment, nutritional information materials for students and parents;

Professional development has been provided to school health staff in Michigan Model training, state School Nurses Conference, and Take 10! training;

School faculty and staff have received support for their own well-being through tri-weekly exercise classes, Know Your Numbers Health assessment, various nutrition and health informational programs, and cooking classes;

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions - SPARKS Program, Take 10! Program, Michigan Model Training and Materials;
- Physical Education/Physical Activity Interventions - Parent/Student Exercise Classes, SPARKS program, and physical education equipment;
- Nutrition Interventions- Fresh Fruits and Veggie Stand, Salad Bars, Removal of Fryers, removal of sugar drinks in elementary schools.

All fryers have been removed from the kitchens of the schools, only water and juice are available through elementary vending machines, Take 10! Is being used in elementary classrooms, over 90 parents and students participated in exercises classes, over 300 bike helmets have been given to the students, Ollie the Otter and Eddie the Eagle Safety programs have been started in the schools.

In such a short time, CSH in the Campbell County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

Alexis Keiser  
423-562-2687 x314